

Monthly Events!

TRY IT WITHOUT RISK!

Meet the instructor and try the class, and only pay if you decide to sign-up for future classes! Available to new students only.

AEROBIC DANCING – LITE!

WHEN: Monday, Dec. 14 | 9 to 10 a.m. | DS

Work your core, strengthen and tone your muscles, get a great cardiovascular workout and increase your flexibility.

DANCE: THE CRADIT UNION TRIO

WHEN: Thursday, Dec. 3 | 1:30 to 3:30 p.m. | AUD

Prizes and refreshments sponsored by **Belmont Village Senior Living**. \$4

BOOK CLUB



The book club doesn't meet in December. January's book selection is, *Lisette's List*, by *Susan Vreeland*. The book club meets the second Monday of each month and welcomes newcomers!

MOVIE: THE AGE OF ADALINE



WHEN: Thursday, Dec. 10. | 1 to 3 p.m. | AUD

After 29-year-old Adaline recovers from a nearly lethal accident, she inexplicably stops growing older. As the years stretch on and on, Adaline keeps her secret to herself -- till she meets a man who changes her life. Free.

To search by class, or for more class descriptions, visit us online at www.carlsbadconnect.org



Organization Contacts

Aging and Independence Services for AIS assistance, information for reporting abuse 800-510-2020
Carlsbad Housing & Neighborhood Services 760-434-2810
Carlsbad Police (Non-Emergency) & Fire Departments..... 760-931-2197
DayTripper Tours 800-679-8747
Elder Abuse in Facilities 800-640-4661
Health Counseling & Advocacy (HICAP) 800-434-0222
In Home Supportive Services, North County 760-480-3424
Medicare 800-633-4227
North County Coastal Mental Health Services 760-967-4475

DIGITAL PHOTO & IPAD CLASSES

These **free** classes are taught by instructor Mike McMahon and are available on a first-come, first-served basis. **Please bring note-taking material.**

HOLIDAY PHOTO TIPS **NEW!**

WHEN: Wednesday, Dec. 16 | 10 to 11:15 a.m. | ACT

For many of us, the holidays are one of the few times to get photos of extended family members. Mike will address the challenge of getting a great group portrait during holiday parties and will also suggest techniques for getting great photos of the delicious culinary treats of the season. This year, take photos that will be a lasting gift for family members for years to come.

SHARING YOUR HOLIDAY PHOTOS **NEW!**

WHEN: Wednesday, Dec. 16 | 1 to 2:15 p.m. | ACT

Now that you've taken great photos, Mike will suggest a variety of ways to easily share those photo memories with family and friends. Options that will be discussed include online posting, collage making, photo books and more. Don't miss this exciting class where you'll come away with some great ideas...and have fun, too. This class is designed for beginning and intermediate students of video editing.

UPCOMING JANUARY COMPUTER CLASSES:

- **Computer Essentials (3)**
Jan. 11, 10 a.m. to noon | \$37.80R/\$42NR
- **Internet & Email Essentials (3)**
Jan. 11, 1 to 3 p.m. | \$37.80R/\$42NR

Senior Center Contacts

Activities Coordinators, Valerie Fisher & Patti Gebel 760-602-4654
Dining Room Reservations (24 Hours) 760-602-4655
Facility Reservations, Robert Harvey 760-602-4659
Front Desk (general information) 760-602-4650
Home Meal Delivery, Vincent Rodrigues..... 760-602-4652
Elder Law Legal Assistance 760-439-2535 x 205

Online Reservations: www.carlsbadca.gov/parksandrec

* Free walkers, canes and wheelchairs are available for check-out to Carlsbad residents.

Carlsbad Senior Center

Seaside Buzz

DECEMBER 2015 NEWSLETTER

City of
Carlsbad

BE PREPARED FOR EL NIÑO

WHEN: Wednesday, Dec. 9 | 10:30 to 11:30 a.m. | ACT

It's important to prepare now for the possibility of heavy winter storms that could cause mudslides, flooding, sink holes and dangerous driving conditions. David Harrison, City of Carlsbad Emergency Preparedness Coordinator, will be here to discuss some ways residents can prepare for the much-talked about upcoming El Nino. Some of the topics covered will be:

- Understanding where your home sits in proximity to flood zones or Poinsettia Fire "burn scar" areas.
- Suggestions for making an emergency kit.
- How to stay informed by registering your phone with Alert San Diego, the county's reverse 9-1-1 notification system.
- How to register for the SDG&E Medical Baseline program for those who are dependent on power for medical equipment.

There will be a Q&A period after.

16TH ANNUAL HAWAIIAN HO'IKI PERFORMANCE

WHEN: Wednesday, Dec. 9 | 1 to 2 p.m. | AUD

Please join Halau Hula 'O Pualani, our Carlsbad Senior Center hula classes, as they celebrate their 16th annual Ho'ike. This program of varied festive holiday hula features two dances using Hawaiian percussive instruments, love stories and the light-hearted Hawaiian dance, The Hasegawa General Store, in which three malihini (tourists) describe their visit to Hana on the island of Maui. Costumes represent various style—including a 1950 touristy style. Doors open at 12:40 p.m. Come early, as seating is limited.

NEW CLASS COMING IN JANUARY!

HEART COHERENT TAI CHI KUNG

Experience your own radiance, increase strength without tension, and free yourself from stress and pain. These aligned, balanced, breath-coordinated, circular-moving meditations harmonize energy and contribute to peace in your personal and shared worlds. Trainers, Richard & Renee Wing, have been teaching in North County for 12 years. At 76 & 80 years-old, they are living examples of the holistic wellness benefits of individual and group practice. Starting Jan. 7.

Thursdays | 1 to 2:10 p.m. | \$35.10R & \$39NR

(Try the first class without risk—only pay if you sign-up for the whole session!)

HOPE THROUGH THE HOLIDAYS

WHO: David Duran, Tri-City Medical Center Chaplain

WHEN: Thursday, Dec. 10 | 10 to 11:30 a.m. | ACT

According to the American Geriatrics Society, the holiday season can trigger melancholy for adults of all ages, particularly those 50 years and older, as they think about lost loved ones, struggle with health issues or worry about money problems.

If you or a loved one is stepping into a new season with concerns as such, please join us for this free informative discussion with David Duran, Pastor/Certified Clinical Chaplain at Tri-City Medical Center. This session will be filled with information about how to build a foundation, begin the healing process as a new season of life begins, and make new memories and traditions while still honoring those of the past.

GET THE MOST OUT OF YOUR SMARTPHONE

WHEN: Thursday, Dec. 17 | 10 to 11:45 a.m. | ACT

Have you ever wondered what your smartphone is really capable of? Whether you're interested in the basics like Wi-Fi and email, or ready to conquer more advanced topics like "apps" and accessories? Join us for a class using your own smartphone. We'll cover exciting new features like health and fitness tracking, and, as always, answer ANY question you may have.

Come early—first come, first-served. Please bring note-taking material. All skill levels are welcome, so don't be afraid to join us and learn how to make your smartphone work for you!

SEASIDE SINGERS 2ND ANNUAL CHRISTMAS PERFORMANCE

WHEN: Thursday, Dec. 17 | 1 to 2 p.m. | AUD

"Caroling, Caroling," "The Christmas Song" and "Santa Claus is Coming" are just a few of the songs to welcome guests of the Seaside Singers. Conducted by Jeffrey Sell and with piano accompaniment by Violeta Petrova, the group will also include vocal soloists, piano repertoire and violin selections. With a 40-member ensemble, the Singers send a rousing welcome to any and all to come and join us in a Christmas Celebration!

UPCOMING MORNINGSTAR MUTUAL FUND INVESTING EDUCATION LECTURES

Jan. 13: Accessing & Using Morningstar's Online Database

Jan. 20: The Do's & Don'ts of Asset Allocation & Diversification

Jan. 27: Active vs. Passive Investing in Retirement

December 2015 *Activities Calendar*

New session start dates in blue

Senior Specials in red

* Pre-registration required

** Pre-register with MiraCosta (760-795-8710)

ACT Activity Room

AUD Auditorium

ART-S Art Studio

COM Computer Room

CR Conference Room

DN Dining Room

DS Dance Studio

GR Game Room

LG Lounge

MP Multi-purpose Room

P Patio

PARK Pine Ave. Park

119 Room 119

120 Room 120

MONDAY				TUESDAY				WEDNESDAY				THURSDAY				FRIDAY			
WEEKLY PROGRAMS	9 – 10:30	Primordial Sound Meditation (Intro 9 - 9:30)	ACT	8 – 11	Needlecraft	ART-S	9:30 – 11	5-in-1 Joy Class	ART-S	9 – 10	* Aerobic Dancing - Lite!	DS	9:15 – 10:15	Spanish Flamenco Dance	DS				
	9 – 11	Writers Group	MP	9 – 11	Blood Pressure Screenings	120	9:30 – 11:30	* Oriental Sumi-e Painting (12/2)	MP	10 – 12	Audiomobile	LOBBY	11 – 12	* Tappercize (12/11)	DS				
	9 – 12	Spanish – Levels I, II & III (NO class until 12/28)	ART-S	9:30 – 11:30	Line Dancing – Int./Adv.	AUD	12:30 – 4:30	Mah Jongg	GR	1 – 3	PC Users Group (2nd, 3rd & 4th Thursdays)	ACT	12:30 – 4	Party Bridge	AUD				
	12:30 – 2	Line Dancing – Beg	AUD	12:30 – 4	Bingo	AUD	1 – 4	Sewing & Quilting Group	MP				12:30 – 4	Ping Pong	ACT				
	3 – 4	* Gentle Yoga	DS	1 – 4	Chess	DS	1:30 – 3:30	Seaside Singers Practice	AUD				12:45 – 2:30	Hawaiian Dance – Adv	DS				
	3 – 4:15	* Yoga: Intermediate (12/7)	AUD	1 – 4	Writing Our Lives (NO Dec. meetings, Group resumes 1/05/16)	ART-S	1 – 1:30	Hawaiian Dance – Beginner Basics	DS				1 – 4	Scrabble	MP				
							1:30 – 2:45	Hawaiian Dance – Beginner	DS										
							3 – 4:30	Hawaiian Dance – Beg./Int	DS										
* PC Lab Hours – Check with front desk				* PC Lab Hours – Check with front desk				* PC Lab Hours – Check with front desk				* PC Lab Hours – Check with front desk				* PC Lab Hours – Check with front desk			
<div>AARP tax volunteers are needed for the upcoming 2016 tax season. Please call the front desk at 760-602-4650 if you are interested in volunteering.</div>				9 – 10	* Aerobic Dancing - Lite!	ACT	9:30 – 10:30	* Better Balance & Mobility	DS	8:45 – 9:45	* PiYo (Pilates & Yoga)	AUD	9:30 – 11:30	Discussion Group	ART-S				
				9:45 – 10:45	* Live Long: Do Qigong!	DS	9:45 – 10:45	** Body Conditioning for Seniors	AUD	9 – 10	* Aerobic Dancing - Lite!	ACT	9:30 – 12:30	* Discover Your Inner Artist with Oil or Acrylic	MP				
				10 – 1	* Elder Law Legal Assistance	119	10:45 – 11:45	* Better Balance & Mobility	DS	9 – 11:30	* Fun with Watercolor	ART-S	9:45 – 10:45	** Body Conditioning for Seniors	AUD				
				1 – 3	* Armchair Theatre: "Christmas Kiss"	LG				10 – 11:15	* Yoga – Int./Adv.	AUD	10 – 11	* Zumba Gold	ACT				
										10:30 – 11:30	Freestyle Dancing	DS							
										1:30 – 3:30	Monthly Dance – The Cradit Union Trio	AUD							
										3:45 – 4:45	* Chair Yoga	DS							
9:45 – 10:45	** Body Conditioning for Seniors	AUD	7	9 – 10	* Aerobic Dancing - Lite!	ACT	9:30 – 10:30	* Better Balance & Mobility	DS	8:45 – 9:45	* PiYo (Pilates & Yoga)	AUD	9:30 – 12:30	* Discover Your Inner Artist with Oil or Acrylic	MP				
11 – 12	* Better Balance & Mobility	DS		9 – 12	* HICAP Health Insurance Counseling	120	9:30 – 11:30	* Diet & Nutrition Counseling	120	9 – 10	* Aerobic Dancing - Lite!	ACT	9:45 – 10:45	** Body Conditioning for Seniors	AUD				
1 – 2	* Better Balance & Mobility	DS		9:45 – 10:45	* Live Long: Do Qigong!	DS	9:45 – 10:45	** Body Conditioning for Seniors	AUD	10 – 11:15	* Yoga – Int./Adv.	AUD	10 – 11	* Zumba Gold	ACT				
1 – 3	* Internet & Email: Beyond the Basics	COM					10:30 – 11:30	Seminar: Be Prepared for El Nino	ACT	10 – 11:30	Seminar: Hope Through the Holidays	ACT	10:30 – 12	Stamp Collectors Meet	ART-S				
							10:45 – 11:45	* Better Balance & Mobility	DS	10 – 12	Social Security Assistance	120							
							12:20 – 1	Caring Paws Dog Therapy Visits	Lobby	10:30 – 11:30	Freestyle Dancing	DS							
							1 – 2	16th Annual Hawaiian Dance Classes Holiday Ho'iki	AUD	1 – 3	Monthly Movie: "The Age of Adaline"	AUD							
										3:45 – 4:45	* Chair Yoga	DS							
11 – 12	* Better Balance & Mobility	DS	14	9 – 10	* Aerobic Dancing - Lite!	ACT	9:30 – 10:30	* Better Balance & Mobility	DS	8:45 – 9:45	* PiYo (Pilates & Yoga)	AUD	9:30 – 11:30	Discussion Group	ART-S				
1 – 2	* Better Balance & Mobility	DS		9 – 12	* HICAP Health Insurance Counseling	120	10 – 11:15	Holiday Photo Tips	ACT	9 – 10	* Aerobic Dancing - Lite!	ACT	10 – 11	* Zumba Gold	ACT				
1 – 2:30	Book Club: No December meeting	MP		9 – 2	* Ask the Attorney	119	10:45 – 11:45	* Better Balance & Mobility	DS	10 – 11:15	* Yoga – Int./Adv.	AUD							
1 – 3	* Internet & Email: Beyond the Basics	COM		9 – 2	* Armchair Theatre: "Christmas Miracle"	LG	1 – 2:15	Sharing Your Holiday Photos	ACT	10 – 11:45	Workshop: Get the Most Out of Your Smartphone	ACT							
				1 – 3						10:30 – 11:30	Freestyle Dancing	DS							
										1 – 2	Seaside Singers 2nd Annual Holiday Performance	AUD							
										3:45 – 4:45	* Chair Yoga	DS							
11 – 12	* Better Balance & Mobility	DS	21	9 – 10	* Aerobic Dancing - Lite!	ACT	9:30 – 10:30	* Better Balance & Mobility	DS	9 – 10	* Aerobic Dancing - Lite!	ACT	9:30 – 11:30	Discussion Group	ART-S				
1 – 2	* Better Balance & Mobility	DS		9 – 12	* HICAP Health Insurance Counseling	120	10:45 – 11:45	* Better Balance & Mobility	DS	10 – 12	Social Security Assistance	120	10 – 11	* Zumba Gold	ACT				
				9:45 – 10:45	* Live Long: Do Qigong!	DS	1 – 2:15	Sharing Your Holiday Photos	ACT	3 – 4	Senior Commission Meeting	DN							
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TRANSPORTATION SERVICES

- Daily lunch program at the Carlsbad Senior Center
- Medical appointments, excluding ongoing therapy
- Requested donation is \$2 each way
- Registration and transportation reservations are required.
- Shopping at Walmart and Stater Bros./Trader Joes is available on alternating Wednesdays after lunch.
- Call 760-602-4650 for reservations and schedule information.



Holiday Watercolor Greeting Card Workshop
Saturday, Dec. 12

Have fun creating beautiful holiday greeting cards in watercolor in this one-day workshop! No drawing is necessary. Students are provided with color photos and line drawings to transfer onto watercolor paper, along with step-by-step instructor demonstrations from our very talented Watercolor Instructor, Bonnie Gleason!

\$26.10R/\$29NR Register before Thursday, Dec. 10.

SATURDAY CLASSES AND ACTIVITIES

Ping Pong	Dec. 5 & 12	9 – 12:30	ACT
Fitness Room	Dec. 5, 12, 19 & 26	9 – 1	
Holiday Watercolor Greeting Card Workshop	Dec. 12	10 – 12 noon	ART-S

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